

Abstract Of The Disclosure

Sports equipment or a sports device is described. It has an elongated body equipped with two handles, which are configured to accommodate hands and/or feet. The elongated body can be elastically flexed in a longitudinal direction. In a preferred embodiment of the sports equipment or sports device, the elongated body is designed for use as a swimming float. The sports equipment or sports device is particularly suited for training, playing and/or exercising.

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